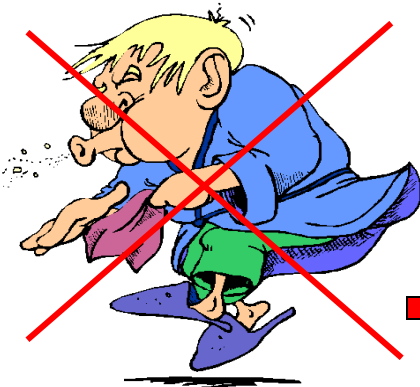


# NOVEMBER STALL TALK

## Preparation for Cold & Flu Season

Prepare yourselves from getting sick by drinking a lot of water, eating healthy, getting your flu shots, covering your coughs and washing your hands. If you do get sick, please stay home from school. Come see the nurse if you are feeling symptoms of fever, coughs or runny nose.



**Cover  
Your  
Cough**

## Stay Home If You Are Sick



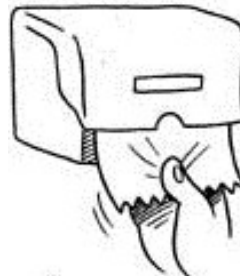
6. Turn off  
taps with  
towel



1. Wet hands



2. Soap  
(20 seconds)



5. Towel dry

## Proper Hand Washing



4. Rinse



3. Scrub backs  
of hands, wrists,  
between fingers,  
under fingernails.

Teen Health Center:

Mon 7:30 am—4:30 pm

Tues—Fri 8 am—4:30 pm

(206) 971-0810

Across from the SWS main office

